

ARIZONA WIC PROGRAMS FOOD LIST

NEW FOOD
INFORMATION
INSIDE!



BRINGING MORE
TO THE TABLE

Vendors may not carry all items listed and/or pictured on the WIC food list. This food list is effective October 1, 2009 for Arizona and ITCA WIC, and June 1, 2009 for Navajo Nation.



WIC PARTICIPANT RESPONSIBILITIES

Before you shop:

1. Look carefully at the "First Date to Use" and "Last Date to Use" dates printed on your checks to make sure you are taking the right checks to the store.
2. Your WIC office will let you know the locations where you can cash your checks.
3. Tell the clinic staff if you would like someone else to be able to pick up and cash WIC checks.

While you shop:

1. Separate WIC foods from other foods you're buying.
2. Read your checks carefully. Each family member may be provided with different foods.

At the checkout stand:

1. Tell the cashier right away that you are using WIC checks.
2. Sign your WIC checks in front of the cashier *after* the cashier writes the price on the check. ***Do not sign your checks before you go to the store.***

What if I have problems at the grocery store?

Talk to the store manager if you have a problem at the store. Report the date, time and names of store people involved and save your store receipt. Call your WIC office if you are still not satisfied.

SMART SHOPPING TIPS

Here are some tips for stretching your WIC checks and your own food dollars:

- Use discount cards.
- Use store coupons.
- Buy store brands when appropriate.
- Take advantage of "buy one, get one free" specials.
- Choose the lowest cost brand when appropriate.

Weights: What's helpful to know

ounces = oz. pound = lb.

16 ounces = 1 pound pound = #

- What is printed on your WIC check is what you can buy.



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03/09

MILK



CAN BUY

Lowest cost brand of refrigerated milk in gallon containers

- Pasteurized fluid cow's milk*
 - Nonfat (fat free, skim)
 - 1% Low fat (light)
 - 2% Reduced fat
 - Whole
- Lactose free cow's milk* (½ gallon)
- Evaporated milk* (12 oz. can)
- Powdered dry milk* (9.6 to 25.6 oz. box)
- UHT/Sterile/Long Shelf Life Milk*

CANNOT BUY

- Organic milk
- Chocolate milk
- Flavored milk
- Buttermilk
- Acidophilus milk
- Half and half
- Rice milk
- Raw milk
- Sweetened condensed milk
- Creamers
- Filled milk

*Type of milk as specified on the WIC check. Half gallon and quarts only when specified on the WIC check.

For allowable milk alternatives, see page four.

MILK ALTERNATIVES



SOY MILK

Only when specified on your WIC check

CAN BUY

- Pacific Ultra Soy 32 oz. shelf stable, plain and vanilla only
- 8th Continent, ½ gallon refrigerated, original

CANNOT BUY

- Pacific Ultra Soy chocolate or organic
- 8th Continent, flavored, light or organic

TOFU

Only when specified on your WIC check

CAN BUY

Any eligible brand, up to 16 oz.

- Water packed, any texture calcium-set tofu (i.e., soft, medium, firm or extra firm)

CANNOT BUY

- Tofu with added fats, sugars, oils or sodium
- Organic

GOAT MILK

Arizona WIC Only:

When specified on your WIC check

CAN BUY

- Meyenberg, quart, fresh

CANNOT BUY

- Evaporated
- Powdered

CHEESE



Monterey Jack



Mozzarella



Cheddar



Colby & Monterey Jack



Colby



100%
Natural String

CAN BUY

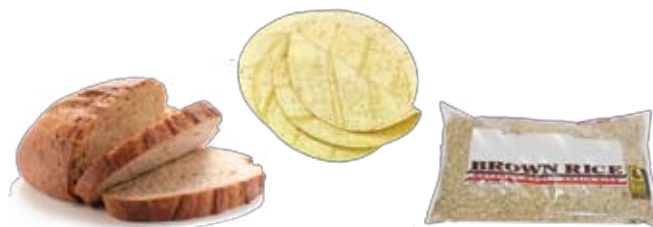
Any eligible brand, pre-packaged, 1 lb. (16 oz.) regular, reduced fat or low sodium

- Cheddar (mild, medium, sharp, extra sharp, longhorn or white)
- Monterey Jack
- Mozzarella (includes string cheese)
- Colby
- Blended cheese (blend of any type listed above)

CANNOT BUY

- Diced, grated, shredded or pre-packaged sliced
- Cheese from the deli counter
- Random weight cheese
- Cheese with added peppers or other ingredients
- Organic cheese
- Imported cheese
- Processed American cheese, processed cheese food, cheese product or cheese spread
- Cream cheese
- Cheese sticks or swirls
- Packages less than 16 oz.

WHOLE GRAINS



100% WHOLE WHEAT BREAD, BUNS AND ROLLS

CAN BUY

Any eligible brand labeled 100% whole wheat

- Any store bakery brand labeled 100% whole wheat
- Size as printed on the WIC check

CANNOT BUY

- Organic
- Gluten-free
- Diet or light

BROWN RICE

CAN BUY

Any eligible brand, up to 1 lb. (16 oz.) packages, allowable in bags only

- Long grain or short grain brown rice
- Jasmine and Basmati

CANNOT BUY

- Instant brown rice
- Organic
- Rice in plastic containers
- Seasoned or flavored

SOFT CORN TORTILLAS

CAN BUY

Any eligible brand, up to 1 lb. (16 oz.)

- Soft corn plain, yellow or white tortillas

CANNOT BUY

- Corn tortilla chips
- Tostada or taco shells
- Flour tortillas

NEW!

FRUITS



CAN BUY

Any variety of whole or cut up fresh fruit

- Bagged or prepackaged fresh fruit

CANNOT BUY

- Dried fruit
- Fruit-nut mixtures
- Fruits with dipping sauce
- Fruits for purchase on salad bars
- Ornamental fruits
- Fruit baskets
- Party trays
- Items such as blueberry muffins
- Fruits with added sugars, fats, oils or salts

Arizona and Navajo Nation WIC only:

Canned substitutions only when printed on the WIC check.

Arizona WIC only:

You may also use your cash value voucher (CVV) to buy fresh fruits and vegetables at approved farmers markets if specified on check.

NEW!

VEGETABLES



CAN BUY

Any variety of whole or cut fresh vegetables

- Bagged or prepackaged vegetables, including lettuce
- Sweet potatoes or yams

CANNOT BUY

- Canned or frozen
- Potatoes, except sweet potatoes or yams
- Kits with dressings or dipping sauce
- Herbs and spices
- Edible blossoms such as squash blossoms
- Creamed or sauced vegetables
- Vegetable-grain mixtures
- Breaded vegetables
- Vegetables for purchase on salad bars
- Salad kits
- Ornamental vegetables, such as chilies on a string
- Painted pumpkins
- Party trays
- Vegetables with added sugars, fats, oils or salts

Arizona and Navajo Nation WIC only:

Canned substitutions only when printed on the WIC check.

FRUITS AND VEGETABLES BUYING GUIDE

The buying guide will help you get the most food with your fruit and vegetable checks. This chart can help you figure out the cost of an item priced by the pound. When choosing fresh fruits and vegetables, follow these steps:

- Place the item on the grocery scale
- Round the weight up to the nearest pound or half pound
- Estimate the cost of the item based on the chart
- There may be differences in weight between the scales in the produce section and at the register. The scale at the register will determine the actual weight and cost of the fruits and vegetables.

Price per lb.	1 lb.	1½ lbs.	2 lbs.	2½ lbs.	3 lbs.	3½ lbs.	4 lbs.
.49	.49	.74	.98	1.23	1.47	1.72	1.96
.59	.59	.89	1.18	1.48	1.77	2.07	2.36
.69	.69	1.04	1.38	1.73	2.07	2.42	2.76
.79	.79	1.19	1.58	1.98	2.37	2.77	3.16
.89	.89	1.34	1.78	2.23	2.67	3.12	3.56
.99	.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76
2.29	2.29	3.44	4.58	5.76	6.87	8.02	9.16
2.39	2.39	3.59	4.78	5.98	7.17	8.27	9.56
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96

EGGS, PEANUT BUTTER AND BEANS



EGGS

CAN BUY

Any eligible brand, dozen size carton

- Fresh, raw, white chicken eggs: small, medium or large

CANNOT BUY

- Specialty eggs (low cholesterol, DHA, organic, free range, cage free, nest and fertile)
- Extra large or jumbo
- Brown eggs
- Eggs in six-pack cartons
- Egg substitutes

PEANUT BUTTER

CAN BUY

Any eligible brand, 16 to 18 oz.

- Plain, creamy, chunky or super chunky styles
- Low sodium
- Low sugar
- Natural

CANNOT BUY

- Peanut butter spread
- Organic
- Peanut butter with added jams, jellies, chocolate or honey
- Peanut butter in tubes

DRY BEANS / PEAS / LENTILS

CAN BUY

Any eligible brand, any variety

- Package size 16 oz. or larger
- Bulk

CANNOT BUY

- Organic beans
- Green, yellow or wax beans
- Fresh or frozen beans
- Refried beans
- Bean soup mixes with flavoring packets/spices
- Snap beans
- Gourmet
- Canned beans*

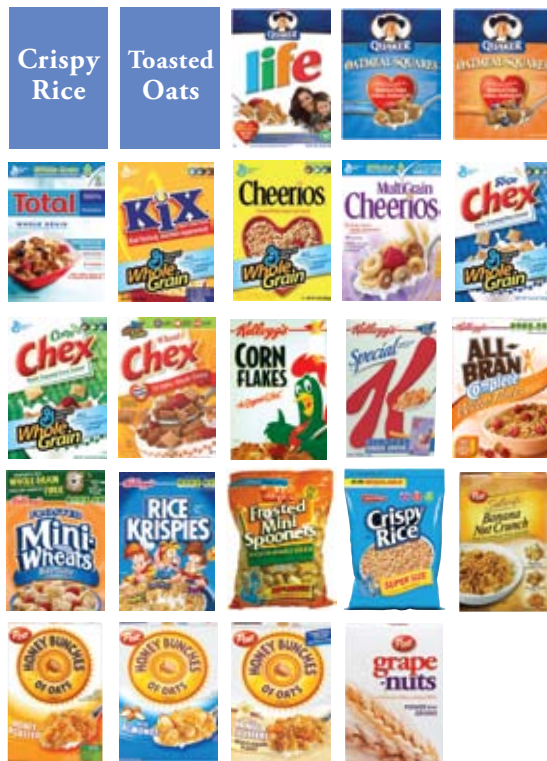
*Only when specified on WIC check

CEREAL

COLD CEREAL

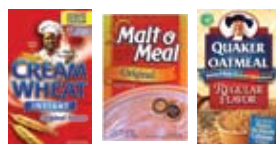
12 oz. or larger

Store Brand



HOT CEREAL

11.8 oz. box or larger



CEREAL CONTINUED

Up to 36 oz. of the listed cereals

COLD CEREAL

12 oz. or larger bags or boxes

CAN BUY

- Any store brand Crispy Rice or Toasted Oats
- Quaker Life
- Quaker Oatmeal Squares (Regular and Cinnamon)
- General Mills Total
- General Mills Kix
- General Mills Cheerios (Plain and Multigrain)
- General Mills Chex (Rice, Corn and Wheat)
- Kellogg's Corn Flakes
- Kellogg's Special K
- Kellogg's All Bran Wheat Flakes
- Kellogg's Frosted Mini Wheats (Bite Size)
- Kellogg's Rice Krispies
- Malt-O-Meal Frosted Mini Spooners
- Malt-O-Meal Crispy Rice
- Post Banana Nut Crunch
- Post Honey Bunches of Oats (Honey Roasted, Almond or Vanilla Clusters)
- Post Grapenuts

CANNOT BUY

- Cold cereals less than 12 oz.
- Organic
- Variety packs
- Frosted (except Malt-O-Meal Frosted Mini Spooners and Kellogg's Frosted Mini Wheats Bite Size)

CEREAL

You may combine multiple sized containers to equal up to 36 oz. **Examples:**

$$12 + 12 + 12 = 36$$

$$16 + 18 = 34$$

HOT CEREAL

11.8 oz. box or larger

CAN BUY

- Cream of Wheat Instant Original Flavor, individual packets
- Malt-O-Meal Original
- Quaker Instant Oatmeal, original, individual packets

CANNOT BUY

- Hot cereals less than 11.8 oz.
- Organic
- Added raisins, fruit or nuts
- Variety packs

JUICE

64 OZ. SHELF STABLE OR REFRIGERATED



ANY BRAND

11.5-12 OZ. FROZEN CONCENTRATE



ANY BRAND

NAVAJO NATION AND ITCA WIC ONLY



JUICE CONTINUED

Only these brands of 100% juice

64 OZ. SHELF STABLE

Apple

- Langers
- Seneca
- Shurfine
- Treetop
- Western Family

Grape

- Langers
- Shurfine
- Welch's (including White Grape)
- Western Family

Pineapple

- Langers
- Tomato**
- Campbell's
- Orange**
- Any brand
- Grapefruit**
- Any brand

64 OZ. REFRIGERATED

Orange

- Any brand

Grapefruit

- Any brand

11.5-12 OZ. FROZEN CONCENTRATE

Apple

- Langers
- Old Orchard
- Seneca
- Shurfine
- Treetop
- Western Family

Grape

- Old Orchard
- Western Family
- Welch's (including White Grape)

Pineapple

- Dole (including Pineapple Orange)
 - Old Orchard
- Orange**
- Any brand
- Grapefruit**
- Any brand

Only when specified on check:

- 5.5-6 oz. containers of Dole Pineapple, Donald Duck Orange and V-8 juice (any type)
- 8 oz. containers of Sunglo juice boxes (any flavor)



INFANT FOODS



INFANT FRUITS AND VEGETABLES

CAN BUY

Any eligible brand, Stage 2 infant fruits and vegetables

- 3.5 or 4 oz. containers
- Any single variety or combination of plain fruits or vegetables
- Multipacks and variety packs

CANNOT BUY

- Foods with added salt, sugar or starches
- Organic infant foods
- Desserts, dinners and food combinations
- Added formula, cereal or DHA/ARA

INFANT FOOD MEATS

Allowable for fully breastfeeding infants only

CAN BUY

Any eligible brand, any stage, 2.5 oz. single ingredient infant meats (added broth and gravy allowed)

CANNOT BUY

- Foods with added salt or sugar
- Organic
- Dinners and food combinations

ITCA Only:

- Any eligible brand, any stage, 4.5 oz., single ingredient diced fruit or vegetable without added salt, sugar or starches are allowed
- Allowable for fully breastfeeding infants only when specified on your WIC check

INFANT CEREAL AND FORMULA



INFANT CEREAL

CAN BUY

Gerber or Beechnut, single grain cereal, 8 or 16 oz.

- Barley
- Rice
- Oatmeal
- Whole wheat

CANNOT BUY

- Infant cereal with added fruit, sugar, yogurt, formula or DHA/ARA
- Jars, cans or single serving cups
- Organic cereal
- High protein
- Mixed cereals

INFANT FORMULA

Only brand type and size printed on the WIC check

- All formula listed on WIC check must be purchased
- Store and manufacturer coupons cannot be used for infant formula

FOR WOMEN WHO EXCLUSIVELY BREASTFEED ONLY



TUNA

CAN BUY

Any eligible brand

- Chunk light water-packed

CANNOT BUY

- Solid white or Albacore tuna
- Tuna with soy protein added
- Oil-packed tuna
- Prime fillet
- Lunch kit tuna mix
- Tuna packed in pouches
- Tuna with added ingredients
- Flavored or seasoned tuna

SALMON – NEW!

CAN BUY

Any eligible brand

- Plain, water-packed, pink salmon

CANNOT BUY

- Salmon with added ingredients
- Red sockeye salmon
- Salmon in pouches
- Flavored or seasoned salmon

SARDINES – NEW!

ITCA and Navajo Nation WIC Only

CAN BUY

Any eligible brand

- 3.75 oz. cans, flavored, seasoned and plain

CANNOT BUY

- Brisling
- Norwegian